

CHOICES FOR MOM AND BABY



PARTIALLY BREASTFEEDING

The WIC foods help support your healthy lifestyle and your breastfeeding baby's development. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables, cheese, yogurt and whole grains. At six months of age your baby can receive infant fruits, vegetables and cereal.

- Are low in fat and high in fiber

YOUR WIC FOODS

- Provide appropriate nutrients for your baby's growth
- Promote steady weight loss and help you maintain a healthy weight after delivery

WHAT YOU WILL RECEIVE

FOR MOM:

Grains

- 36 ounces of iron-fortified cereal
- 16 ounces of whole grains (bread, buns, tortillas, rice or pasta)

Vegetables and Fruits

- Three 12 ounce cans of frozen or three 11.5 ounce cans of shelf-stable concentrate Vitamin C-rich juice
- \$11 cash value benefit for fresh vegetables and fruits, canned fruits and vegetables, and frozen fruits and vegetables

Dairy

- 5.5 gallons of non-fat (skim) or low-fat (1%) milk
- Allowable substitutions of cheese, yogurt or soy milk

Protein

- 1 dozen eggs
- Choice of two: 1 pound dried beans or peas OR four 15-16 ounce cans of beans OR one 16-18 ounce jar of peanut butter

FOR BABY:

Your breast milk and infant formula At six months of age

- Iron-fortified infant cereal
- Baby food vegetables and fruits

Eat WIC foods for a healthy you and a healthy growing baby!



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